

Spring fruits with honey & almond ricotta



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Preparation: about 25 minutes

Serves: 4-6

*Great for a healthy breakfast, brunch
or dessert!*

300g ricotta cheese

2 tbs honey + extra for drizzling

½ cup almond kernels, roughly chopped

½ tsp ground cinnamon

½ medium papaya, peeled, deseeded and
sliced

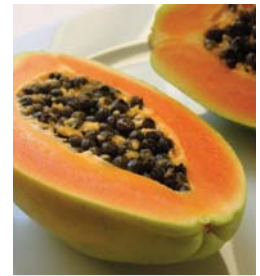
2 medium bananas, peeled and sliced
lengthways

250g large strawberries, hulled

2 oranges, peeled and cut into wedges

2 kiwifruit, peeled and thickly sliced
lengthways

1. To make honey & almond ricotta, place ricotta in a medium bowl. Beat until smooth. Add honey, almonds and cinnamon. Stir until well combined. Spoon into a serving bowl. Drizzle with honey.
2. Arrange fruit on a serving platter. Serve with honey and almond ricotta.



Papaya

- One of the most nutritious fruits with a high content of vitamin C (200g would provide almost three times the amount we need each day) and beta carotene, which the body converts to vitamin A.
- A great way to get dietary fibre, which is needed to keep the intestine healthy.
- Rich in many antioxidants which may help protect body tissues against some aspects of ageing.

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